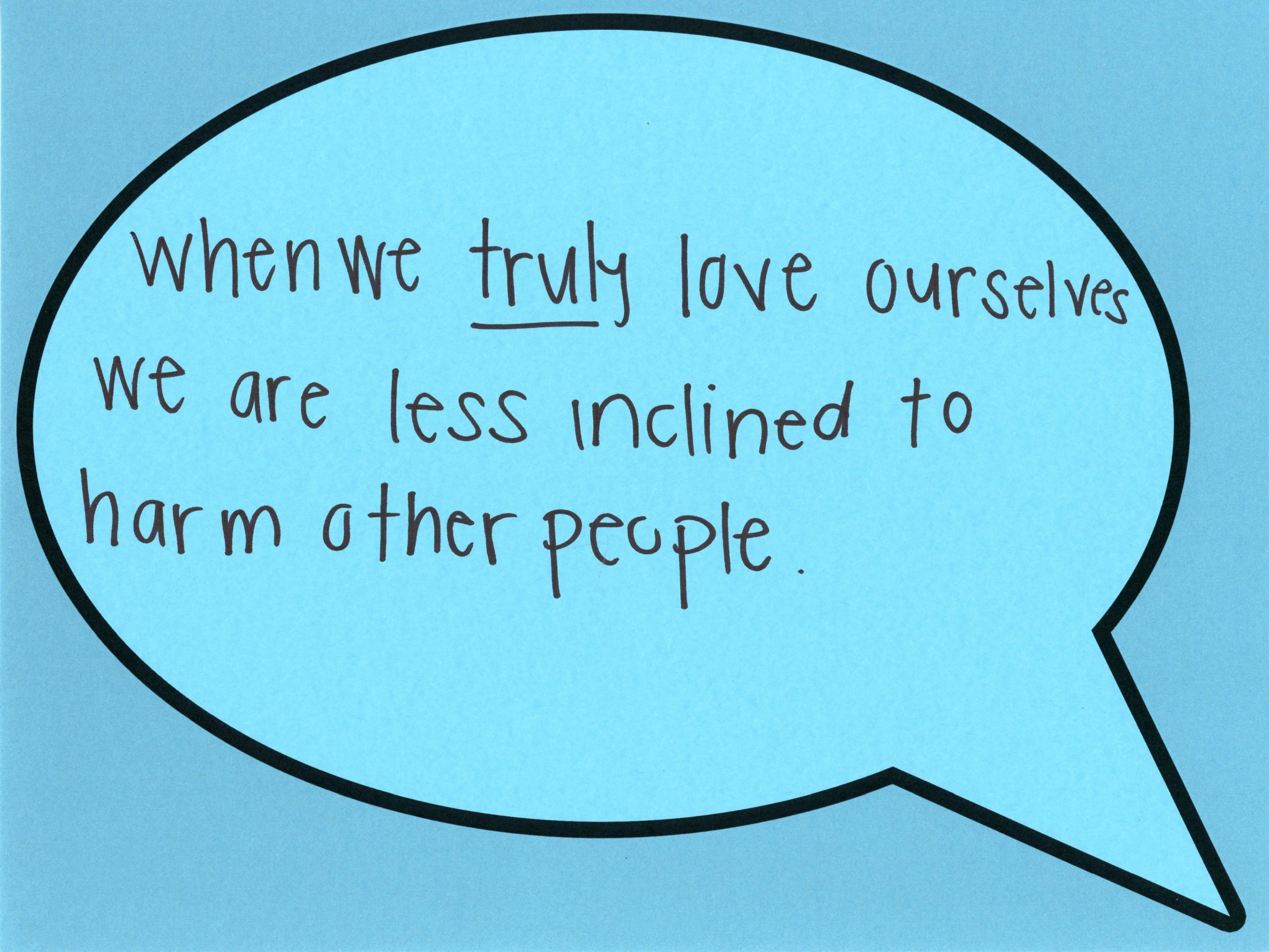
when we truly love ourselves
we are less inclined to
harm other people.